



**Mondays and
Wednesdays**

4:30pm - 5:30pm

Jan 22nd - Feb 7th

TEEN WEIGHT TRAINING

12 - 17 years old

An introduction to the weight room will include overall safety and etiquette. Each class will cover a major component of physical fitness including cardiovascular endurance, muscular strength & endurance, and flexibility. This class is a pre-requisite if you want to workout in the BTCC weight room before the age of 15. Please note, class meets twice per week.

Member - \$40

Non-Member - \$50

Bethlehem Township Community Center

**2900 Farmersville Rd
Bethlehem Pa, 18020
(610)-332-1900**